

Maryland SHIP "Health Action" Newsletter

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April 5, 2013

DHMH Highlights Health Impacts of STDs during STD Awareness Month

DHMH joins the CDC and state and local partners around the country in the observance of April as Sexually Transmitted Diseases (STD) Awareness Month. Nearly 20 million new Sexually Transmitted Infections (STIs) occur in the U.S. every year, costing the American healthcare system nearly \$16 billion in direct medical costs alone. In addition to the health consequences of STIs and the increased risk of acquiring or transmitting HIV, the looming global threat of treatment-resistant gonorrhea makes prevention critical.



In Maryland, STI rates continue to be higher than the national average for gonorrhea, chlamydia and syphilis. Adolescents, young adults, females, gay and bisexual men, and people of color are disproportionately affected by STIs. In 2011, the last year for which data are available:

- Syphilis rates in Maryland rose from the previous year. According to the CDC, Maryland ranked 2nd in the U.S. for primary and secondary syphilis (the infectious stages of syphilis), with 452 cases per 100,000 population, a rate of 7.8, compared to the U.S. rate of 4.5.
- Maryland ranked 16th in the nation for Chlamydia, with 27,212 cases reported, a rate of 471.3 per 100,000 population. The national Chlamydia rate for the same period was 457.6.
- Maryland ranked 16th for gonorrhea with 6,458 cases reported and a rate of 111.9 per 100,000 population compared with a national rate of 104.2.

Click [here](#) to read the full press release.

To learn more about STIs in Maryland, or to find a testing site near you, click [here](#) to visit the DHMH Center for Sexually Transmitted Infection Prevention or call [410-767-6690](#).

Click [here](#) to find more information on the CDC STD website.

View the SHIP measures to reduce [HIV](#) and [Chlamydia](#) infections and tools to reduce [HIV](#) and [Chlamydia](#) infections.

Webinar: STI Hot Topics -What's New in Sexually Transmitted Infections?

Wednesday, April 17th from 12:00 p.m. to 1:30 p.m.



To help combat STIs, DHMH is co-sponsoring its Fourth Annual Sexual and Reproductive Health live webinar. "*STI Hot Topics: What's New in Sexually Transmitted Infections*," will be held on Wednesday, April 17 from 12 p.m. to 1:30 p.m. with Dr. John G. Bartlett, Professor of Infectious Diseases at Johns Hopkins University School of Medicine. Click [here](#) at the time of the webinar to view the live video feed. No registration is necessary.

Click [here](#) to view the flier. For more information, please contact the Mid-Atlantic Public Health Training Center at [443-287-7833](tel:443-287-7833) or click [here](#) to e-mail them. Presentation PowerPoints will be available within three days of the webinar. Archived webcast will be available [here](#).

Maryland Sustainable Communities Support Fresh, Local Food



Many in the U.S. lack regular access to healthy, affordable foods. Some communities host full-service grocery stores and farmers markets, while others are considered to be food deserts, with only unhealthy food options from the corner convenience store.

The [Maryland Department of Housing and Community Development](#) (DHCD) supports businesses and initiatives working toward providing healthier food, enhanced community self-sufficiency, and economic opportunity.

DHCD financed a [Neighborhood BusinessWorks](#) small business loan for the [Red Canoe Children's Book Store & Coffee Shop](#), a community meeting place in a targeted revitalization area of Baltimore City. The successful local business prides itself on its healthy breakfast and lunch options, made in-house from local, fresh ingredients, and organic where possible. The café also serves herbs and vegetables it grows in its outdoor garden.

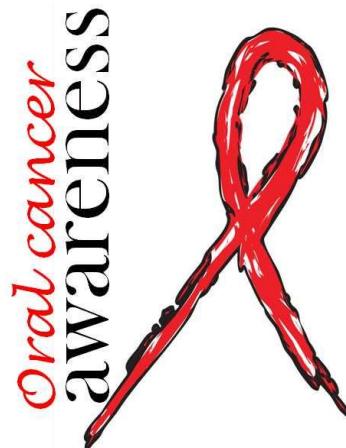
DHCD will also be funding two urban farm sites. [ECO City Farms](#), in Prince George's County, will use a \$75,000 grant to expand the farm and increase healthy food access locally. The funding will also purchase an office trailer for a commercial kitchen, allowing farm managers to engage community members through education, and produce a wider variety of fresh and prepared foods. The Baltimore Food Enterprise Center, in Baltimore City, will use its \$150,000 grant to redevelop a blighted lot for a commercial kitchen incubator and food processing and distribution facility, increasing employment for area residents while supporting positive health and nutrition through education and improved healthy food access.

Grants and other funding are available through DHCD for projects in State-designated Sustainable Communities. For more information on the designation, consult the [Sustainable Communities website](#) or [click here](#) to e-mail Mary Kendall.

April is Oral Cancer Awareness Month

Two minutes for a painless oral cancer exam during a medical or dental check-up can save a life. During Oral Cancer Awareness Month, DHMH encourages people to schedule dentist appointments.

Over 650 Marylanders will be diagnosed with oral cancer this year. Any of the following signs present for more than two weeks can signal the disease:



- A white or red patch in the mouth, tongue or lips
- A sore, irritation, or lump in the mouth
- Hoarseness or feeling that something is caught in the throat
- Difficulty moving the tongue or jaw
- Numbness of the tongue or other areas of the mouth
- Swelling of the jaw causing dentures to fit poorly or become uncomfortable
- Swelling in the head or neck region

When these often unnoticed changes are discovered early, oral cancer can be treated successfully and painlessly. But there are further preventative measures that can thwart the power of this cancer, specifically quitting smoking.

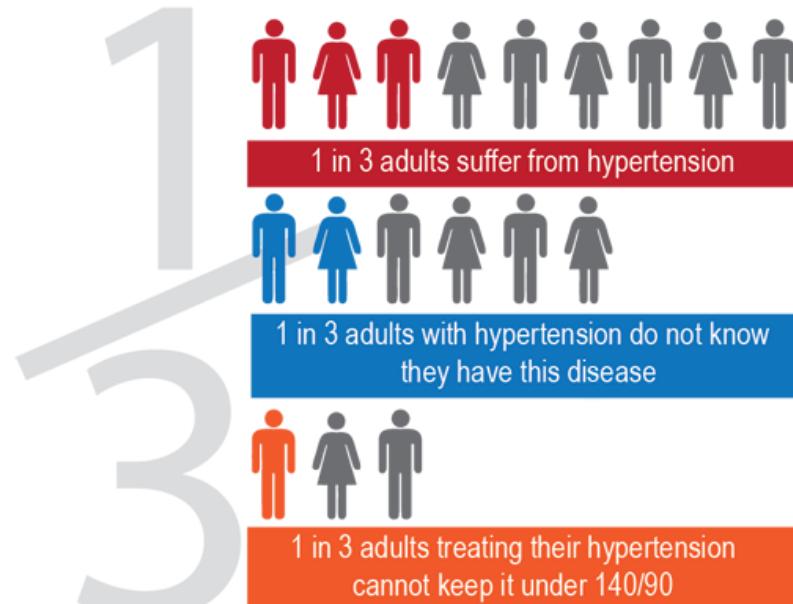
"While tobacco use remains a principal cause, other risk factors such as heavy alcohol use and exposure to Human Papillomavirus (HPV) play a role in the disease process," said Dr. Harry Goodman, Director of the DHMH Office of Oral Health. Limiting alcoholic drinks and risky sexual behaviors, eating many fruits and vegetables, and using lip balm with an SPF of at least 15 are all effective ways to reduce the risk of oral cancer and HPV.

For more information on oral cancer, click [here](#) to visit the Office of Oral Health website. For more information about the Maryland Tobacco Quitline, call 1-800-QUIT NOW, or click [here](#) to visit the website.

View the [SHIP measure](#) and [tools](#) for more information about

increasing the proportion of individuals receiving dental care.

World Health Day - April 7th



The theme for World Health Day 2013 is the global problem of high blood pressure or hypertension. Hypertension increases the risk of heart attacks, strokes and kidney failure. If left uncontrolled, it can also cause blindness, irregularities of the heartbeat and heart failure. The risk of developing these complications is higher in the presence of other cardiovascular risk factors such as diabetes. Though it affects more than one in three adults worldwide, it remains largely hidden. Many people do not know they have high blood pressure because it does not always cause symptoms. As a result, it leads to more than nine million deaths every year, including about half of all deaths due to heart disease and stroke. The risk of developing high blood pressure can be reduced by:

- reducing salt intake;
- eating a balanced diet;
- avoiding harmful use of alcohol;
- engaging in regular physical activity;
- maintaining a healthy body weight; and
- avoiding tobacco use.

The ultimate goal of World Health Day 2013 is to reduce heart attacks and strokes. Specific objectives of the campaign are:

- to raise awareness of the causes and consequences of high blood pressure;
- to provide information on how to prevent high blood pressure and related complications;

- to encourage adults to check their blood pressure and to follow the advice of health-care professionals;
- to encourage self-care to prevent high blood pressure;
- to make blood pressure measurement affordable to all; and
- to incite national and local authorities to create enabling environments for healthy behaviors.

Click [here](#) for more information about World Health Day and click[here](#) for more information about the campaign and how to get involved.

View the [SHIP measure](#) and [tools](#) for more information about reducing emergency department visits due to hypertension.

News from the Office of Primary Care

Integrating Oral Health in the Patient Centered Health Home

In efforts to seek access and/or provide quality health care while controlling costs, oral health providers have begun integrating their services within the Patient Centered Health Home (PCHH). The PCHH is a place where all aspects of patient care are integrated and coordinated, with the goal of improving health care quality and outcomes to lower health care costs. To support health centers in integrating oral health, the National Network for Oral Health Access (NNOHA) conducted interviews with early adopters and found some promising practices. Click [here](#) to read more about these promising practices.

Upcoming Event

The 36th Annual National Rural Health Association will be held on May 7-10, 2013 in Louisville, KY. Click [here](#) for more information and to register.